



iF3 and CF Events Sign MOU

August 17, 2023:

The International Functional Fitness Federation has signed a Memorandum of Understanding with European event organizer Community Fitness Events (CF Events) to help further the growth and development of functional fitness.

As part of the Agreement, CF Events has committed to using the iF3 Movement Standards and iF3 Competition Formats as part of their events. CF Events has a large portfolio of events including the Dutch Throwdown and the Lowlands Throwdown, just to name a few. CF Events will also provide feedback to the iF3 about how the movement standards could be improved for easier implementation, particularly for recreational level competitors.

iF3 President, Gretchen Kittelberger, explained “We are very excited that CF Events will be using iF3 Movement Standards and formats at their events. It is important for the growth of our sport for athletes to have consistency in the way movements are judged. It is also important for both officials and athletes to have access to those standards well in advance in order to minimize avoidable mistakes in both judging and athlete performance. This Agreement with CF Events will allow athletes to have greater confidence going into an event knowing what the expectations will be and that they won’t change at the last minute.”

CF Events Co-Owner Joost Prinsen, stated: “CF Events is pleased to announce a promising collaboration with The International Functional Fitness Federation (IF3). The agreement to implement IF3’s movement standards is recognized as a milestone for both entities.

This partnership will have a positive impact on enhancing uniform standards within the functional fitness community. By incorporating iF3’s movement standards, CF Events will be able to offer an even more professional environment for athletes, coaches, and event participants. The collaboration will result in a synergistic learning experience for both parties, growing collectively and striving for excellence in the functional fitness industry.

CF Events are excited about the future possibilities this collaboration holds and are committed to pursuing the highest standards of performance and professionalism.”